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Nutrition Site Manager- Sutonia Sizemore 246-8060

Front Office

392-8400 | Fax: 224-2488

Policies:

Refund Policy: The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

Membership Dues:

For Fiscal year:
July 1, 2016-June 30, 2017
\$25.00- Kingsport City Residents
\$45.00- Sullivan County Residents
\$70.00- Out of County Residents
*If you have Silver Sneakers through your insurance company your membership is free.

*The Kingsport Senior Center is now accepting credit and debit cards

Mission:

The Kingsport Senior Center is a community resource dedicated to enriching the quality of life for area seniors.

About the Kingsport Senior Center: The Kingsport Senior Center is a community center reserved for those aged 50 years and up. The facility includes a fitness center, a computer lab, a pottery workshop with 3 kilns, basketball courts, shuffleboard, a billiards room, and a workshop. Activities offered are exercise programs, intellectual programs, social programs and wellness programs.



Location and Hours of Operation:

Main Site - Renaissance Building:

1200 E. Center Street Kingsport, TN 37660 Hours of Operation:

Monday-Friday: 8:00A.M. to 7:00P.M.; Saturday: 9:00A.M.-12:00Noon.

www.kptseniors.net

Branch Sites:

Lynn View:

423-765-9047- 257 Walker Street Kingsport, TN 37665 Hours of Operation: Monday-Friday 9:00A.M. to 2:00P.M.

V.O. Dobyns:

301 Lois Street Kingsport, TN 37664

Colonial Heights Baptist Church:

108 Colonial Heights Rd Kingsport, TN 37663

First Broad Street United Methodist Church:

100 E. Church Circle Kingsport, TN 37660

Bloomingdale Baptist Church:

3220 Bloomingdale Rd Kingsport TN, 37660

Forest Ridge Manor:

1252 Bloomingdale Pike Kingsport, TN 37660

George Washington School Apartments:

205 E. Sevier Ave Kingsport, TN 37660

Friendship Manor Apartments:

108 Wampler Street #39, Kingsport, TN 37665

Maple Oak Apartments

818 Oak Street Kingsport, TN 37660

Kingsport Senior Center Advisory Council Members:

Bruce Shine (Chairman)
Brenda Cunningham
Norma Livesay
Lester Pridaemore
Carol Woodard
Pat Breeding
Jean Chang
Carmen Moix
Frances Cottrell
Mary Porter
Sherri Mosley

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Special Events

Operation Christmas Child Shoe Boxes for Samaritan's Purse: We need for members to help out the Operation Christmas Child by brining in a shoebox filled with items and it is \$7.00 for shipping. This event will be held from Thursday, September 29 through Monday, October 31, 2016 and you can bring your shoebox to the front office. Please stop by the front office for a list of acceptable items to place in the shoeboxes.

Between The Covers Book Club will meet every first Tuesday of the month at 10:00A.M. in the Multipurpose Room. Daniel James Brown calls the book we will read in October "The Boys in the Boat". The #1 New York Times-bestselling story about American Olympic triumph in Nazi Germany, now in a premium mass-market edition. Available just in time for The 80th anniversary of the boys' gold medal win as well as the 8/2 broadcast of the PBS /American Experience documentary, The Boys of '36. and the start of the 2016 Summer Olympics. For readers of Unbroken, out of the depths of the Depression comes an irresistible story about beating the odds and finding hope in the most desperate of times—the improbable, intimate account of how nine working-class boys from the American West showed the world at the 1936 Olympics in Berlin what true grit really meant. It was an unlikely quest from the start. With a team composed of the sons of loggers, shipyard workers, and farmers, the University of Washington's eight-oar crew team was never expected to defeat the elite teams of the East Coast and Great Britain, yet they did, going on to shock the world by defeating the German team rowing for Adolf Hitler. The emotional heart of the tale lies with Joe Rantz, a teenager without family or prospects, who rows not only to regain his shattered self-regard but also to find a real place for himself in the world. Drawing on the boys' own journals and vivid memories of a once-in-alifetime shared dream, Brown has created an unforgettable portrait of an era, a celebration of a remarkable achievement, and a chronicle of one extraordinary young man's personal quest. Sign up now in the front

"Adult Coloring Therapy For Seniors" will be held at 11:00A.M. in the Card Room, on Monday, October 3, 2016. In this class, Kim Howell with Visiting Angels will lead a group discussion on the benefits of Adult Coloring. You will also create projects in this class. The benefits of Adult Coloring for seniors are: 1. Improves Mood 2. Relieves Stress 3. Reduces Agitation 4. Promotes Socialization and Reminiscing 5. Provides an Outlet for Self-Expression 6. Helps to Maintain Motor Function 7. Improves Dexterity (Grip Control). Join us and see how Adult Coloring can help you. Please bring your Adult Coloring book and colored pencils if you have them. Contact the front office to sign up.

Plumbing Home Repairs 101 with Doug Clark will be held on **Tuesday, October 4, 2016** from 10:30A.M. to 12:00noon in the Card Room. Come learn how to fix plumbing issues on your own. You do not want to miss this seminar. Sign up begins on September 6th.

DB Cosmetology Students will be at the Center on **Thursday, October 13, 2016** from 11:30A.M. to 1:30P.M. to do Manicures. The cost is \$2.00 paid to your manicurist the day of the appointment. Please contact the front office at 392-8400 to make your appointment. Sign up will begin on September 19th.

We will have **Movie Day** on **Wednesday, October 12, 2016** at 1:00P.M. in the Theater. Come get in the Halloween spirit with us as we watch "Psycho". Phoenix secretary Marion Crane (Janet Leigh), on the lam after stealing \$40,000 from her employer in order to run away with her boyfriend, Sam Loomis (John Gavin), is overcome by exhaustion during a heavy rainstorm. Traveling on the back roads to avoid the police, she stops for the night at the ramshackle Bates Motel and meets the polite but highly-strung proprietor Norman Bates (Anthony Perkins), a young man with an interest in taxidermy and a difficult relationship with his mother. You may sign up on September 20th.

Our **Flower Arranging** class will meet on **Thursday, October 13, 2016** at 10:30A.M. in the Multipurpose Room. The cost for this class is \$14.00 and is paid to Instructor Susan Valentine the day of class. In this class you will learn how to make a beautiful oriental arrangement with dendrobium and cymbidium orchids for your home and will be able to take it home that day. Please bring a pair of scissors to cut flowers with. You may sign up on September 8th. There is a limit of 16 people for this class.

Have you ever wanted to learn how to paint like Bob Ross? Jay Holdway will be teaching **Bob Ross Style Painting** on **Wednesday, October 19, 2016** from 10:00A.M. to 2:00P.M. in room 302. You can see a sample painting located in the display case billiards room side. The cost is \$50.00 paid to instructor the day of class. The cost for the class covers your supplies. Please bring your lunch.

The "Melting Pot" cooking class will be held on Monday, October 24, 2016 at 11:00A.M. In this class you will learn how to make a variety of foods from different areas of the world such as; Chinese, Hispanic, Italian, French, Japanese, German, and even good ole Southern cooking. Each Monday you will learn a different style

Individual computer instruction available for \$15 per hour.

Please call to schedule a day and time.

Charles Harrell: 276-415-4891 Whitney Sensabaugh: 423-967-7428

of cooking. You will also be given recipes to take home in class. This class will be \$5.00 paid at sign up. You may sign up for this class on September 28, 2016.

Please join us for **Pumpkin Carving to Decorate for the Halloween Party** on **Thursday, October 27, 2016** at 2:00P.M. in the Cafeteria. Members will need to bring their own pumpkin. The pumpkins will be used for decoration for our Halloween Party on October 31st. Please sign up in the front office so we know how many carving kits we need. You may sign up now.

Anne Thwaites will teach **Beginning Drawing** on **Friday, October 28, 2016** from 1:00P.M. to 4:00P.M. in room 303. The cost is \$20.00 paid to instructor the day of class. If you are interested in learning how to draw then this class is for you. You will pick up a supply list in the front office when you sign up.

Our **Halloween Party** will be on **Monday, October 31, 2016** at 1:00P.M. in room 310. We will dance, play games, eat, and have a costume contest so be sure to dress up! Please bring a fun Halloween dish to share with others. Prizes will be awarded to 1st, 2nd, and 3rd place for the costume contest. Sign up will begin on September 28th.

AARP Safe Driving will be held on **Tuesday, November 8 and Wednesday, November 9, 2016** from 9:00A.M. to 1:00P.M. in room 230. The cost is \$15.00 for members and \$20.00 for non-members. You will pay on the first day of class. Note: This is a 2-day course and you must attend both days. Light refreshments will be served with coffee. Please sign up now in the front office.

Come celebrate **Veteran's Day** with us on **Friday, November 11, 2016** at 1:00P.M. in the Gym. We will serve food and have a ceremony that you will not want to miss out on! Sign up begins October 6th.

Our **Thanksgiving Lunch** will be held on **Tuesday, November 22, 2016** at 11:30A.M. in the Gym. The cost is \$2.00 due at sign up and you will need to bring a side dish to share on the day of the luncheon. You may sign up for this event on October 17th. Please sign up by November 15th.

Medicare Open Enrollment Event

Medicare's Part D Annual Enrollment Period is October 15 – December 7. This is the period each year when Medicare beneficiaries can join, switch or drop their Medicare Part D or Medicare Advantage coverage.

Medicare Part D and Medicare Advantage plans change their coverage and costs each year, so it is important to review your plan and compare it to others on the market every fall. This year, the Kingsport Senior Center is partnering with the Tennessee State Health Insurance Assistance Program (TN SHIP) and ETSU's College of Public Health to provide free and objective assistance in comparing Part D and Medicare Advantage plans.

Trained Medicare counselors will be on hand on November 9 from 9am-12pm and on November 10 from 1pm-4pm to assist Medicare beneficiaries and their families in comparing Part D or Medicare Advantage plans for 2017.

Appointments are preferred for this event. For more information and to set up an appointment please call (423) 392-8400.

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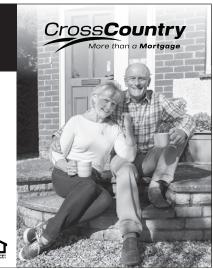
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Reverse mortgages: To obtain a reverse mortgage, you must take an approved counseling course available at little to no cost and receive a certificate of completion that will be required during the application process. While you won't make any mortgage payments, you will still be responsible for property taxes and homeowners insurance.



4 Kingsport Senior Center News ~ October 2016

Trips Extended Travel

Kingsport Senior Center Presents

Alaskan Cruise and Land Tour Aboard Celebrity's "Millennium"

11 days and 10 nights — August 18, 2017 to August 28, 2017
\$4,125.00 per person Inside Cabin (price is based upon Double Occupancy)
\$4,325.00 per person Outside Cabin (price is based upon Double Occupancy)
\$5,125.00 per person Balcony Cabin (price is based upon Double Occupancy)
Deposit of \$250.00 per person due at signup, \$500.00 per person is due by
October 3, 2016 and final payment due by March 17, 2017
Must have a passport for this trip! Sign up starts May 2nd.
Trip Insurance pricing = TBA

8/18/17 (FRI): Arrive in Vancouver, British Colombia. Board your ship the Celebrity Millennium and Depart on your Alaska Cruise!

8/19/17 (SAT): Inside Passage Cruising – This famously beautiful passage features virtually everything you came to Alaska hoping to see, including rain forests, glaciers, fjords, white-capped peaks and wildlife.

8/20/17 (SUN): Ketchikan, Alaska – In addition to being the jumping – off point for seaplane excursions into the Misty Fjords National Monument and its 2.2 million acres of wilderness nirvana, Ketchikan is also the ancestral home of the Tlingit tribe and has the world's largest collection of totem poles.

8/21/17 (MON): Icy Strait Point Alaska – At the mouth of Glacier Bay, lays historic Icy Strait Point, where travelers have the unique opportunity to experience Tlingit culture, superior wildlife viewing opportunities and years of Alaskan history.

8/22/17 (TUE): Juneau, Alaska – Here the pioneering spirit lives on in an interesting mix of cosmopolitan chic and frontier ruggedness.



8/23/17 (WED): Skagway, Alaska – If any place on earth can summon up the thrill of prospecting, it's Skagway. By embracing its gold-rush past, Skagway has managed to preserve a frontier spirit complete with saloons and dance-hall revues.

8/24/17 (THURS): Hubbard Glacier (cruising) – The Hubbard Glacier is North America's largest tidewater glacier and is unique in that it is currently advancing, while most Alaskan glaciers are retreating.

8/25/17 (FRI): Seward, Alaska – Upon arrival in Seward greet your Tour Director at the pier, then board your deluxe motor coach and travel to Denali where you will spend the night. **8/26/17 (SAT):** Denali, Alaska – In the morning, enter Denali National Park for a Denali Natural History Tour. Travel a scenic route to the Savage River. Along the way, learn about the natural and cultural history of the Denali region. Discover the beauty of taiga forests and gaze over miles of rolling tundra, all while searching for spectacular wildlife. This afternoon, board the Wilderness Express, Celebrity's glass-domed train-cars that provide a spectacular 360 degree view, for a scenic ride to historic Fairbanks. Check into your Fairbanks hotel where you'll stay for the next two nights.

8/27/17 (SUN): Fairbanks, Alaska – After breakfast, you'll enjoy a fun-filled day in Fairbanks, including a tour of the Gold Dredge 8 where you can learn to pan for gold! You're afternoon is free to explore on your own or choose an optional excursion such as a visit to the Museum of the North or a ride on the Riverboat Discovery. Spend a second night in historic Fairbanks. **8/28/17 (MON):** Fairbanks Alaska – Depart for home with memories of a truly wonderful

8/28/17 (MON): Fairbanks, Alaska – Depart for home with memories of a truly wonderful vacation!

Day Trips

Friday, November 11, 2016- We will take an OTLB trip to the Dan'l Boone Inn & Shopping at the Mast General Store in Boone, NC. We will depart the Center at 9:00A.M. and will return around 5:00P.M. The cost of the trip is \$28.00 which includes your transportation and lunch. Lunch is all you can eat family style and includes the following: Southern Fried Chicken, Country Style Steak, Country Ham Biscuits, Real Mashed Potatoes with Gravy, Green Beans, Cut Corn, Fresh Stewed Apples, Our Signature Coleslaw, Buttermilk Biscuits, Choice of Homemade Desserts, Soup or Salad & Beverage. After lunch you will shop at the Mast General Store. You may sign up for this trip on September 1st.

Tuesday, November 15, 2016- The Center will take a trip to the Tanger Outlets in Sevierville, TN to get ready for Christmas. We will depart the Center at 8:15A.M. and will return around 5:30P.M. The cost is \$8.00 due at sign up for transportation. You will eat lunch on your own in the Tanger shopping area. You may sign up for this trip on September 1st.

Tuesday, November 29, 2016- We will head to Barter Theater to watch "Over the River and Through the Woods" with lunch at BabyCakes Unique Eats. We will depart the Center at 10:30A.M. and will return around 6:00P.M. The cost is \$30.00, which includes your transportation and Barter ticket. Nick Cristano is a single, 29-year-old and has just been offered his dream job, but not in the same town as his grandparents. His grandparents, whom he has had Sunday dinner with every week of his life, did not take the news so well. After all, family is the center and the heart of life they say. With his parents and older sister having already moved away, the grandparents get creative to keep Nick in town.

Outrageous plans are hatched, hilarious games are played, a blind-date is arranged, and stories are told; resulting in a hilarious situation taken to an extreme that can be shared and cherished by any family. This show is guaranteed to make you love your family all over again this Christmas season. You may sign up for this trip now.

Friday, December 2, 2016- The Center will take a trip to West Town Mall in Knoxville, TN to get ready for Christmas. We will depart the Center at 8:30A.M. and will return around 5:30P.M. The cost is \$8.00 for transportation. Lunch will be on your own at a restaurant of your choice in the mall. You may sign up for this trip on September 1st.

Thursday, December 8, 2016- The Center will take an OTLB trip to the Grove Park Inn and will get to see the Annual Gingerbread House Competition in Asheville, NC. We will depart the Center at 9:45A.M. and will return around 5:00P.M. The cost is \$40.00, which includes your transportation, lunch and gingerbread house competition admission. The Blue Ridge artisanal buffet offers us what we love-plenty of great food, Southern hospitality and beautiful views of the Blue Ridge Mountains! The lunch buffet will offer but is not limited to; Roast Beef au jus, Fried Chicken, Smoked Ham, Crispy Catfish, Green Beans, Grilled Vegetables, and various Salads. After your buffet style lunch members can enjoy the Annual National Gingerbread House Competition display. Creative minds from all over the country have come together to mold and shape their food into eye-popping pieces that resemble both houses and symbols of the holiday season. You may sign up for this trip on September 1st.

Lifeguard Training with CPR/AED for the Professional Rescuer

Kingsport Aquatic Center

The purpose of the American Red Cross Lifeguard Training course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illness until emergency medical services personnel take over.

This course includes the following certifications: American Red Cross certificate for Lifeguarding/First Aid/CPR/AED (valid 2 years). A rescue mask will be provided as part of the course fee. Participants will need to obtain a current copy of the American Red Cross Lifeguarding Manual, which can be downloaded free of charge from www.redcross.org. This course is approximately 26.5 hours in length, and participants must attend all classes.

To participate in the course you must meet the following prerequisites (if the pre-test is failed, \$75 is non-refundable):

- 1. Must be 15 years old by the last day of class
- 2. Swim 300 yards continuously demonstrating breath control and rhythmic breathing (swimming with face in the water). Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
- 3. Tread water for 2 minutes using only the legs. Candidates should place their hands under their armpits.
- 4. Complete a timed event within 1 minute, 40 seconds:
 - a. Staring in the water, swim 20 yards with face in our out of water. Swim goggles are not allowed.
 - b. Surface dive, feet first or head first, to a depth of 7 to 10 feet to retrieve a 10 pound object.
 - c. Return to the surface and swim 20 yards on your back to return to the starting point with both hands holding the object while keeping your face at or near the surface so that you are able to get a breath. Candidate should not swim the distance underwater. Exit the water without using ladder or steps.

The practice sessions will require some strenuous physical activity. If a medical condition or disability exists that might prevent participation in the activites, or there are questions about fully participating in the lifeguarding course, please contact the facitlity to discuss this with an instructor before the course begins.

The course fee is \$175.00 (\$75.00 is non-refundabble if pre-test is failed) To sign up, please visit the KAC front desk. Classes fill quickly in the winter and spring.

TESTING DATES:

October 2016:

Monday, October 10- 8am-1pm (pre-test included) Tuesday, October 11- 8am-1pm Wednesday, October 12- 8am-1pm Thursday, October 13- 8am-1pm Friday, October 14- 8am-1pm (final test and scenarios)

November 2016:

Friday, November 4- 4pm-9pm (pre-test included) Saturday, November 5- 9am-5pm Sunday, November 6- 11am-5pm Friday, November 11- 4pm-9pm Sunday, November 13- 11am-3pm (final test and scenarios)

December Session I 2016:

Friday, December 2- 4pm-9pm (pre-test included) Sunday, December 4- 11am-5pm Friday, December 9- 4pm-9pm Saturday, December 10- 9am-3pm Sunday, December 11- 11am-3pm (final test and scenarios)

December Session II 2016:

Friday, December 16- 5pm-9pm (pre-test included) Saturday, December 17- 9am-3pm Sunday, December 18- 11am-3pm Monday, December 19- 8am-1pm Tuesday, December 20- 8am-1pm Wednesday, December 21- 8am-1pm (final test and scenarios)



Kingsport Senior Artisan Center Information



The Kingsport Senior Artisan Center is a consignment gallery of work crafted by regional artists age 50 and over. Our gallery contains a variety of items including handmade greeting cards, jewelry, pottery, and bath and body items. All items pass through a juried selection process for entry in the gallery. If you are interested in selling your art in the gallery, please submit photos via email along with a brief biography. The proceeds from all sales go directly to the artist, with a small portion benefitting programs at the Kingsport Senior Center.

A monthly Artist Breakfast will be held in the Artisan Center Gallery on the second Tuesday of each month at 10am. Gallery artists and potential artists/craftspeople are invited to attend.

Located in the Lynn View Community Center, our multi-level facility offers basketball, pickleball, indoor walking, weights and exercise equipment, a billiards room, group exercise, and a computer lab. Our Lounge features Wii Sports and there's always a fresh pot of coffee brewing! We are open Monday-Friday from 9am-2pm.

Kingsport Senior Artisan Center

257 Walker Street Kingsport, TN 37665 423.765.9047

Email: michelletolbert@kingsporttn.gov hannahbaker@kingsporttn.gov



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Wellness

FLU VACCINE CLINIC: Walgreens Pharmacy will be offering a Flu Vaccine Clinic on **Tuesday, October 4, 2016** from 9:00 am to 11:00 am in the hallway Billiards Room side. Medicare part B and TNCARE are going to cover the influenza vaccine this year at no charge to the patient. Without any insurance the current retail price of the vaccines is:

· Influenza: \$25.99

· pNeumovax 23: 105.00

· Prevnar 23: \$200.00

You must bring in your insurance card (Medicare, etc.) so that we may record the information and bill accordingly. Walgreens will also verify patient medical/immunization history, provide information on all vaccine types, give the patient an immunization card for his/her reference, and provide the immunization information to the client's primary care physician. Sign up in the office, walk-ins are welcome.

MEDICARE PLAN AND HOW IT'S CHANGING FOR 2017: Andrew Price with Mackie Financial Group will be at the Center on **Tuesday, October 11, 2016** at 12:30 pm in the Card Room. Topic of discussion will be "Medicare Plan and How It's Changing for 2017": This seminar will provide you with valuable information about the upcoming changes to Medicare for 2017 that you need to know. This will be a good time to get your questions answered by a local agent that represents most of the plans in East Tennessee and Southwest Virginia. No plan specifics or information will be available, this is an educational event you will not want to miss, so mark your calendar and plan to attend!

IMPROVING MOBILITY: Dr. Eddie Ko with ETSU Family Physicians of Kingsport will be at the Center on **Tuesday, October 18, 2016** at 10:30 am in the Card Room. Topic of discussion will be "Improving Mobility": This seminar will discuss:

- · Classification of Function, Disability, and Health.
- · Types of Rehab Providers.
- · Exercises
- · Mobility Aids
- · Bathroom, Self-Care Aids.

This is an event you will not want to miss, so mark your calendar and plan to attend!

HOW TO AGE WELL: Dr. Tim Dunne, D.C., CSCS, CKTP will be at the Center on **Tuesday**, **October 25**, **2016** at 10:30 am in the Card Room. Topic of discussion will be "How TO Age Well": Drs. Tim & Cindy Dunne have been practicing for over 22 years each helping people of all ages achieve health and wellness. They are Olympic doctors as well as doctors to many professional people. They have apply their experience to the aging population covering nutrition, exercise and what a healthy life can be like. The talk is interactive and fun as we laugh and learn a better way to live. Note: This seminar is an educational event and no sales material will be available, we hope you plan to attend!

EVERYTHING YOU NEED TO KNOW ABOUT CATARACT SURGERY: Donny L. Reeves, M.D., Board Certified Ophthalmologist, The Reeves Eye Institute will be at the Center on **Thursday,October 27,2016** at 10:30 am in the Card Room. Topic of discussion will be "Everything you Need to Know About Cataract Surgery": This seminar will discuss the differences between traditional, premium lens options, and explanation of surgery with question & answers after for general vision question. Pamphlets will be available for you. So be sure to mark your calendar, this event will be very educational and we hope you plan to attend!

TOURNAMENTS

SHUFFLEBOARD TOURNAMENT: We invite all shuffleboard players to show off your skills on **Wednesday, October 5, 2016** at 10:00 am. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only. We will only use one side of the score board. Cost is \$2.00 per person due day of tournament. We will need at least 10 to sign up for tournament to be played. Sign-up in the Office.

BILLARDS TOURNAMENT: We invite all pool sharks to show off your skills on **Wednesday**,



October 19, 2016 at 10:00 am in the billiards room. This tournament will be an 8-ball Tournament singles play, best of three games and double elimination with a minimum of 12 players to sign up for tournament to be held. Cost is \$2.00 per person, payable the day of the tournament. Prizes will be awarded to 1st, 2nd, and 3rd place only. **NOTE:** We will play on all **four tables** in billiards room. Stop by the Office and sign up.

THE READYS!

"Emergency Preparedness Training for People with Access and Functional Needs"

Melissa Taylor, RN, BSN, CHEP, Nurse Consultant, Emergency Preparedness with State of TN Department of Health will be at the Center on **Thursday, October 20, 2016** at 11:00 am in Room 310. Topic of discussion will be The Readys! "Emergency Preparedness Training for People with Access and Functional Needs": Learn how the Readys get ready in four simple steps.

- · BE AWARE... Learn about emergencies you should prepare for
- PLAN... Make a plan with your family and emergency responders
- PREPARE... Build a kit for emergencies
- · CONNECT WITH COMMUNITY... Discover resources in your community

Lunch is sponsored by Kim Howell, Marketing Liaison with Visiting Angels Living Assistance Services and Theresa Bright Redmond, CSA Community Liaison with BrightStare. Lunch will be served after the presentation, and there will be a drawing for a couple of door prizes. Signup in the Office, there is a limit of 50 seats available.

FIT TEST

We will be doing a fitness test on **Wednesday, Oct 26, 2016** from 9:30 am to 11:30 am in Kevin Lytle, Wellness Coordinator's Office. We will test Body Fat%, Flexibility, Strength, and Weight using the 350 Body Composition Analyzer. If you plan to participate in this event stop by the Office to fill out some paper work and sign up for the test. All members are invited and we hope to see you there.

3rd ANNUAL BBQ COOK-OFF AND PIE COOK-OFF

Come join us for our 3rd Annual BBQ Cook-Off and Pie Cook-Off Contest on **Friday, October 28, 2016** at 1:00 pm in the cafeteria. We will have Local Businesses (Entry Fee: \$10.00) competing for bragging rights for the best BBQ meat and sauce, and our Seniors competing in the Pie Cook-Off Contest, door prizes will be awarded to 1st, 2nd, and 3rd place. Free entry for our senior members if you would like to compete in the Pie Cook-Off Contest, sign up in the Office. All senior center members are invited for BBQ sampling, entertainment, and vendor information. Stop by the Office and sign up, there is a limit of 50 seats available. All proceeds go to Alzheimer's Association, donations are welcome!



We're still the one.

Holston Valley is pleased to once again be Kingsport's choice for health care.

Holston Valley Medical Center has served Kingsport since 1935. Whether you were born here, healed here or both, this hospital is part of our community's history – and you are a part of ours.

We host the Kingsport region's only Level I trauma center, where we tend to the region's most critical injuries, as well as its only neonatal intensive care unit, which is currently being renovated to provide state-of-the-art care for sick and premature babies – even those born as young as 24 weeks.

Staffed with experienced, compassionate physicians and co-workers, Holston Valley stands ready to care for you and your family – today, tomorrow and beyond.

A heritage of caring. A legacy of excellence. The future of healing. And Kingsport's choice for the best health care.



Your choice for skilled nursing – 12 years in a row.

Experience all Wexford House has to offer.



Whether you need rehabilitation after a hospital stay, or you're looking for a place with a home-like environment that provides skilled nursing care, you can count on Wexford House. We are the only facility in Tennessee that is post-acute care certified through the Joint Commission. We are also recognized for our quality by the Centers for Medicare and Medicaid Services, earning a five-star rating – the highest possible score.

And we're honored to have been selected for 12 consecutive years by Kingsport Times-News readers as the area's best nursing home.

Our team of professional caregivers strives to provide each resident with high-quality health care in a comfortable environment. Wexford co-workers provide our residents with physical therapy, occupational therapy, speech therapy and respiratory therapy, specializing in the weaning of patients with tracheostomies and those requiring mechanical ventilation. And our social and recreational activities keep residents busy, happy and active during their stays.

And as part of Wellmont Health System, our residents have access to the region's best hospitals and physicians.





8 Kingsport Senior Center News ~ October 2016

Branch Sites Classes

Lynn View Community Center

Silver Sneakers Classic is at Lynn View Community Center in the cafeteria on Mondays, Wednesdays and Fridays at 10:00am. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Core conditioning is at Lynn View in the cafeteria on Mondays, Wednesdays and Fridays at 9:00am. This is a non-aerobic, muscle-toning class, focused on core strength. Most sculpting classes use weight bars, exercise bands, or dumbbells, or a combination of these gadgets. You perform traditional weight-training moves in a class setting.

Art Class meets at Lynn view on Tuesdays, in the cafeteria from 10:00am – Noon. The Art class will do a review of basic drawing techniques such as gesture drawing, contour drawing, thumb nail sketches, positive and negative spaces, etc. and then work on one major picture (watercolor or acrylic) that will be preceded by sketching, drawing, a value study, and color studies. No sign up required and all skill levels are welcome. For more information, please call Lynn View Community Center at 765-9047.

Corn hole boards are available in the senior center office at Lynn view to play Monday - Friday from 9:00 am – 2:00pm. Corn hole is an American lawn game in which players take turns throwing bags of corn at a raised platform with a hole in the far end. A bag in the hole scores 3 points, while one on the platform scores 1 point. No sign up required, just come in and ask for the boards.

Blood Pressure checks are available at Lynn view on the following days, Tuesday, October 4 from 10:00 – 12:00pm provided by Carrie Stewart, Pharm D, Walmart Neighborhood Market Pharmacy and the second Tuesday of the month from 10:00am – Noon provided by volunteer Peq Dailey.

Biscuits and Bingo will be held at Lynn view in the cafeteria on Thursday, October 13 at 10:30am. Biscuits and bingo prizes are sponsored by Brookdale Rock Springs. Come out and enjoy a biscuit and a fun game of bingo! Please call 765-9047 to sign up, limited to 50 participants.

Cooking for 1 or 2 class will be held at Lynn view community center on October 17 at 12:30pm in the lounge. Copies of the recipe will be given, demonstration of recipe and you will be able to try the food so come hungry! Food City Chef Joseph McCray will facilitate the program and will make . This class will give you tips on cooking techniques for 1 person or 2 and will give ideas to keep you out of a food rut. Please call Lynn view at 765-9047 to sign up by October 14.

A Butterbean Auction will be held at Lynn View Community Center on Wednesday, October 26 at 12:30pm in the cafeteria. Butter beans and prizes are sponsored by Visiting Angels. A butter bean auction is similar to bingo, just more fun because you bid with the butterbeans on items provided by the sponsor. Please call Lynn View Community Center at 765-9047 and sign up by September 23.

Music by Cameron and refreshments by Crown Cypress, Friday, Oct 28th at 12:30, Lynn view cafeteria. Call Lynn view, 765-9047 to sign up by Oct 21.

Pickelball is played in the gym at Lynn view on Mondays, Wednesdays and Fridays at



10:00 am – 1:00pm. Pickleball is traditionally played on a badminton-sized court with special Pickleball paddles, made of wood or high-tech aerospace materials. The ball used is similar to a whiffle ball, but slightly smaller. The lower net and whiffle ball allow the game to be accessible to people of all ages and abilities, while still allowing more competitive players to test their mettle.

Personal Training with Chris Hicks available by the hour or as a package. Call to schedule (423) 723-9967.

Bloomingdale Baptist Church:

Silver Sneakers Yoga is on Tuesdays and Thursdays at Bloomingdale Baptist church in the gym at 10:00am. Silver Sneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Indoor Walking is available Monday - Friday from 8:00 am – Noon, please sign your name for attendance in the notebook provided.

Adult Education Classes

A Picture is Worth 1,000 Words program will be held on Tuesday, October 18 in room 230 from 3-5pm, this is an interesting and fun way of looking at a photograph or painting and seeing things that lead to a story you didn't know existed. Bring one or two of your favorite photos, a pen and a writing tablet, work with your instructor to see what can happen. You'll be surprised at the results. Please call the senior center 392-8400 and be signed up by October 11.

Zumba exercise class will be offered at Lynn View Community Center on Monday for six weeks beginning on Monday's starting on November 7 – December 12 from 5:30 -6:30pm. Cost is \$20.00 for senior members, \$25 non-members. Have fun while you lose weight! Zumba Dance Workout is an enjoyable way to stay fit. Call Lynn View Community Center, 765-9047 and sign up by October 8.

Intro to Spanish I classes will be held at the senior center on Thursday's, October 27 – Dec 18 from 2:00-4:00pm in room 303. Cost is \$30.00 for members, \$40.00 for non-members payable when you sign up for the class. In these classes you will learn useful phrases and words, alphabet, numbers, days, verbs, writing dialogues, definite and indefinite articles, adjectives, stem changing verbs, direct and indirect object pronouns and more. Minimum number of 6 needed for class to go. Please call the senior center office and sign up by Oct 20.

Branch Sites Classes

Yoga for Everybody will be held at the senior center in room 303 on Tuesdays beginning Oct 11 – Nov 15 from 5:30 -6:30pm. This will be a six week class. Cost is \$30 for members, \$42 nonmembers, payable at sign up. We must have a minimum of 6 participants signed up for class to go. Please be signed up by Oct 6.

Tai-chi Easy will be offered on Oct 13 in room 302 from 5:30 – 6:30pm with instructor Julie Culligan. This is an 8 week class. Cost is \$30 for members, \$40 nonmembers, payable to instructor 1st day of class. Must have minimum of 6 for class to go. Please be signed up by Oct 6.

Tastes from Around the World Cooking classes will be held at The Villages of Allandale on Thursdays beginning October 11 – November 15 from 6:00 – 9:00pm. Cost for the six weeks of classes is \$249.00 for members, \$254.00 non-members, payable at sign up that starts September 9. Minimum of 5 for class to go with a maximum of 10 participants. France, Italy, Spain, Mediterranean and Thailand are countries filled with many traditional regional cuisines specific to each region. These cuisines are thought of as major art forms, because of the enormous riches of their cultures. These classes will feature classic as well as modern cuisines, and each class will end with a meal that we will share together. Sheridan Nice is the owner of Mona Lisa's Gelato and Café in Johnson City, TN with her partner and husband, Steve Nice. She is a graduate of LaVarenne, Ecole de Cuisine, Paris and a recipient of a Baking and Pastry Scholarship from the International Association of Culinary Professionals, to the Culinary Institute of America in Napa Valley. Please be signed up and paid by Oct 4.

Piloxing exercise classes are offered at the senior center in room 302 on Tuesday and Friday at 9:30am. Piloxing is a combination of Pilates and kickboxing type of exercises that gives you a great cardio workout. Cost is free for members, \$2.00 non-members. Non-members can pay for 12 class sessions in the senior center office, we will give you a punch card that will be punched by the instructor for each class.

First Broad Street United Methodist Church

Yoga classes are offered at this branch site on Tuesdays and Thursdays in the recreation room on the second floor of the church. No sign up required. Fee is included with membership fee.

Core Yoga: done mostly on a mat. Includes breath, abdominal and arm strength building. Class is on Tuesday and Thursday from 11:00 -11:30am.

Yoga: includes standing poses and gentle movement for strength and flexibility, each class ends with relaxation. Class is on Tuesday and Thursday from 11:30am – 12:30pm.



Colonial Heights United Methodist Church

Silver Sneakers Yoga is on Mondays and Wednesdays in the gym from 11:00am – Noon. Silver Sneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Poundfit is on Thursdays in the gym from 11:00am – Noon. Poundfit is a combination cardio and strength class with "constant" simulated drumming. In the class you will do a series of isometric and plyometric movements including squats, lunges, jumps, twists, forward bends and stretches all while drumming with a quarter-of-a-pound Ripstix (drum stick). Beginners welcome. Instructor makes modifications so class is suitable for all fitness levels.

George Washington Apartments: monthly activities such as bingo, birthday parties, educational seminars, blood pressure checks, special events, etc.

Friendship Manor Apartments: monthly activities such as bingo, birthday parties, educational seminars, blood pressure checks, special events, etc.

V.O. Dobbins: Total Body Workout, Monday and Wednesday 9:30am, in Gym #2. Starting June 1 the class will meet at the Senior Center in room 302 due to Kids Camp at V.O. Dobbins. Total Body workout consists of upper and lower body exercises that trims, tones and defines muscle and also gives you a good cardio workout. No sign up required.

Forest Ridge Manor Apartments: monthly activities such as bingo, birthday parties, special events, etc.

Kiwanis Towers Apartments: monthly activities such as bingo, birthday parties, educational seminars, blood pressure checks, etc.

Aquatics Center: Lap swimming with your senior center membership card is free M-F, 8:00 – 11:00am and you will receive a 20% discount on swim classes.

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Classes & Daily Activities

Monday:

Lap Swimming: 8:00A.M.-11:00A.M. (Aquatics Center) (First come first serve)- Swimming freestyle will not only work your shoulders and legs extremely well but your chest, back, core, and everything in between will show signs of real development in just a few days.

Silver Sneakers Classic: 8:15A.M. (Gym)- It's designed to increase strength, range of movement, agility, balance and coordination, and to improve participants' functional capacities, physical fitness level and sense of well-being.

Basic Tai-Chi: 9:00A.M. (Room 310) (August 29 through November 21)- Tai Chi is an ancient Chinese martial art form often referred to as the practice of "meditation in motion". Tai Chi promotes relaxation, stress relief, and conscious awareness of the present moment. This class is designed for individuals taking Tai-Chi for the first time.

Open Woodshop: 8:00A.M. to 2:00P.M. (Woodshop)- If you enjoy woodworking and creating exciting wood projects stop by our Wood Shop. We have all the equipment and tools to complete any project big or small

Quilting: 9:00A.M. (Room 303)- is the process of sewing of two or more layers of fabric together to make a thicker padded material, usually to create a quilt or quilted garment.

High Impact Aerobics: 9:15A.M. (Gym)- Aerobic exercise keeps your muscles strong, your mind sharp, which can help you maintain mobility as you get older. At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

Happy Day Singers: 9:45 A.M. (location varies) This group meets at the Center and travels by bus to sing at a designated nursing home based on the schedule. They sing old-fashioned hymns from the "church hymnal" book and have a happy day start to Monday's.

Beginning Clay: 10:00A.M. (Clay Room) (August 29 through November 21) This class is designed for individuals who have never worked with clay before. In this class you will create hand-building projects.

Strength Training: 10:15A.M. (Gym)- Improves your balance and stability, reduces blood pressure, builds muscle strength, and improves your ability to do everyday activities.

Beginning Line Dance: 11:30A.M. (Gym) (August 29 through November 21) is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows. If you have never taken a line dance class then this class is for you.

Game Day: 12:30P.M. (Card Room)- Come and play games such as dominos, Mexican train, hand and foot, uno, phase 10, and much more.

Intermediate Line Dance: 12:45P.M. (Gym) (August 29 through November 21) This class is designed for individuals who have taken a line dance class.

Knitting: 1:00P.M. (Room 303) Knitting is the name of the craft that involves two needles and yarn or thread. Loops in the yarn are manipulated with the needles to make a knitted fabric. This class makes a variety of projects from hats and gloves to scarfs and blankets. This class is open to individuals of all expert levels.

Mahjong: 2:00P.M. (Multipurpose Room) Mahjong is a card game that originated in China. Four players play the game using numbered tiles or cards. All expert levels are welcomed.

Table Tennis: 2:00P.M. (Gym)- Best brain sport ever, highly aerobic, uses both the upper and lower body, is great for eye hand coordination and reflexes, and causes you to use many different areas of the brain at once as you are tracking the ball.

Volleyball: 4:00P.M. (Gym)- A great full-body workout, with regular play will help improve your agility, overall flexibility, reaction time, speed and upper and lower body strength.

Tuesday:

Lap Swimming: 8:00A.M. (Aquatics Center)- (There will be an additional swimming lane open to just Senior Center members. The other lane will be first come first serve.) Swimming freestyle will not only work your shoulders and legs extremely well but your chest, back, core, and everything in between will show signs of real development in just a few days.



Zumba Fitness: 8:15 A.M. (Gym)- Combines dance steps from various Latin dances into an aerobic routine. In addition to the calorie burning and aerobic workout, dance in general can improve balance and coordination, and calls upon you to use different muscles at varying speeds.

Open Woodshop: 8:00A.M.-2:00P.M.(Woodshop)- If you enjoy woodworking and creating exciting wood projects stop by our Wood Shop. We have all the equipment and tools to complete any project big or small

Message Therapy: 9:00A.M. to 3:00P.M. (Multipurpose Room) (Appointment Only: Contact Cheryl Merriken at 791-4222, \$20 for ½ hour relaxation massage and \$25 for ½ hour deep tissue massage, fees paid to massage therapist day of massage)

Ceramics: 9:00A.M. (Ceramics Room) In this class you will paint ceramic figurines that you bring in on your own. You can purchase these at any local craft supply store. After you have painted your figurine, it will be fired in the kiln as your finished piece.

Basket Weaving: 9:00A.M. (Room 303) Basket weaving is the hand-crafted method of creating woven baskets from natural grasses. Basket weavers use many variations of several basic techniques that include coiling, twining, plaiting, and weaving to create endless varieties of baskets. This class is open to individuals of all expert levels.

Meditation: 9:30 A.M. (Room 306) (September 1 through November 24) In this class you will practice and learn meditation techniques led by Lee Stone. Meditation has many benefits for senior citizens. Benefits include; Meditation helps memory, it helps the digestive system work better, it helps the digestive system, it sharpens and focuses the mind, and meditation melts away stress, yielding many great benefits. The class is \$5.00 per class. *Will not meet October 4th or November 1st and 8th.

Strength Training: 9:30A.M. (Gym)- Improves your balance and stability, reduces blood pressure, builds muscle strength, and improves your ability to do everyday activities.

Renaissance Strings: 10:00A.M. (Atrium) Dulcimer players along with a few other stringed instruments meet at the Center and practice on Tuesday morning. In the afternoon at 2:00, they entertain at a different nursing home each week.

Sing Along: 10:15A.M. (Cafeteria) Is a group of people who meet around the piano in the cafeteria and sing hymns out of the church hymnal. Everyone is welcome.

Exercise for Everyone: 10:30A.M. (Gym)- A great chair exercise class for those unable to get on the floor, with use of Dyna-A-Bands to provide the means of safely improve muscular strength and endurance, range of motion and flexibility.

Beginner Dulcimer: 11:00A.M. (Atrium) (August 30 through November 22)- Learn to play the Appalachian/Lap Dulcimer in this class. The "Mel Bay-First Lessons" dulcimer book is used at a \$10.00 cost. It's fun to play with a group of dulcimers!

Bowling: 12:30P.M. at Warpath Lanes

Shuffleboard: 1:00P.M. (Ceramics Hallway)- All levels of experience are welcome, with tournaments held semi-annual.

Pickelball: 1:00P.M. (Gym)- A fun sport that combines many elements of tennis, badminton and table tennis. A paddle sport created for all ages and skill levels, and is easy for beginners to learn.

Basketball: 4:00P.M. (Gym)- Played alone or in groups, basketball can reduce stress.

Rook: 4:00P.M. (Card Room)- Come and meet new people while playing Rook on Tuesdays. Please bring a snack to share with others.

Karaoke: 4:00P.M. (Cafeteria)- Karaoke will meet every 3rd Tuesday of the month. Please bring in a snack to share with everyone.

Daily Activities & Classes

Wednesday:

Lap Swimming: 8:00A.M. (Aquatics Center)- (First come first serve) Swimming freestyle will not only work your shoulders and legs extremely well but your chest, back, core, and everything in between will show signs of real development in just a few days.

Silver Sneakers Classic: 8:15A.M. (Gym)- It's designed to increase strength, range of movement, agility, balance and coordination, and to improve participants' functional capacities, physical fitness level and sense of well-being.

Open Woodshop: 8:00A.M. to 2:00P.M. (Woodshop)- If you enjoy woodworking and creating exciting wood projects stop by our Wood Shop. We have all the equipment and tools to complete any project big or small

High Impact Aerobics: 9:15A.M. (Gym)- Aerobic exercise keeps your muscles strong, your mind sharp, which can help you maintain mobility as you get older. At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

Intermediate Clay: 10:00A.M. (Clay Room) (August 31 through November 23) This class is designed for individuals who have worked with clay before and who have previously taken our beginning clay class. In this class you will hand-build and use the pottery wheel.

Strength Training: 10:15A.M. (Gym)- Improves your balance and stability, reduces blood pressure, builds muscle strength, and improves your ability to do everyday activities.

Intermediate Clogging: 11:15A.M. (Room 302) (August 31 through November 23) If you have clogged in the past and want to renew the joy and fun of clogging then this is the class for you. It has challenging choreography and we welcome past cloggers and ones from the beginner class to move into this class.

Hand & Foot Card Game: 12:30P.M. (Card Room) Hand and Foot is a North American game related to Canasta, in which each player is dealt two sets of cards - the hand, which is played first, and the foot, which is played when the hand has been used up. If you are interested in learning a new card game, or have played before, then join us on Wednesday's.

Intermediate Belly Dancing: 1:00P.M. (Room 302) (August 31 through November 23) All women are welcome to this class. However it is a huge help if you have some knowledge of belly dance. We do faster movements and more choreography. Come join us!

Table Tennis: 1:00P.M. (Gym)- Best brain sport ever, highly aerobic, uses both the upper and lower body, is great for eye hand coordination and reflexes, and causes you to use many different areas of the brain at once as you are tracking the ball.

Basketball: 4:00P.M. (Gym)- Played alone or in groups, basketball can reduce stress.

Thursday:

Lap Swimming: 8:00A.M. (Aquatics Center)- (There will be an additional lane open to just for Senior Center members. The other lane will be first come first serve.) Swimming freestyle will not only work your shoulders and legs extremely well but your chest, back, core, and everything in between will show signs of real development in just a few days.

Zumba Fitness: 8:15A.M. (Gym)- Combines dance steps from various Latin dances into an aerobic routine. In addition to the calorie burning and aerobic workout, dance in general can improve balance and coordination, and calls upon you to use different muscles at varying speeds.

Bingo: 9:00A.M. (Cafeteria)

Ceramics: 9:00A.M.- (Ceramics Room)- In this class you will paint ceramic figurines that you bring in on your own. You can purchase these at any local craft supply store. After you have painted your figurine, it will be fired in the kiln as your finished piece.

Woodcarving: 9:00A.M. (Room 303)- In this class you will learn how to make projects by carving out a piece of wood. Beginners and expert levels are wanted for this class.

Strength Training: 9:30A.M. (Gym)- Improves your balance and stability, reduces blood pressure, builds muscle strength, and improves your ability to do everyday activities.

Meditation: 9:30 A.M. (Room 306) (September 1 through November 24) In this class you will practice and learn meditation techniques led by Lee Stone. Meditation has many benefits for senior citizens. Benefits include; Meditation helps memory, it helps the digestive system work better, it helps the digestive system, it sharpens and focuses the mind, and meditation melts away stress, yielding many great benefits. The class is \$5.00 per class. *Will not meet October 6th or November 3rd.

Beginning Clogging: 10:00A.M. (Room 302) (September 1 through November 24) In this class you will learn the basic of clogging and some fun dances. This is a great cardio workout along with being fun and learning to dance.

Bunco will be played every month on the second Thursday at 10:30A.M. in the Card Room. Bunco is a dice game where each rounds purpose is to score 21 or to score Bunco. After two games, play will

stop for a light snack. After all four games, prizes will be awarded as follows: 1st prize: Most Bunco's, 2nd prize: Most wins, 3rd prize: Most losses, 4th prize: Last person with Fuzzy Dice, 5th prize: "At least I got something" (picked from score sheets).

Exercise for Everyone: 10:30A.M. (Gym)- A great chair exercise class for those unable to get on the floor, with use of Dyna-A-Bands to provide the means of safely improve muscular strength and endurance, range of motion and flexibility.

Intermediate Dulcimer: 11:00A.M. (Atrium)- This class is taken after the beginning class and prepares you to play with the Renaissance Strings.

Core and Posture Beginning Belly Dance: 11:30A.M. (Room 302) (September 1 through November 24) This class is for women who are interested in improving their physical health. It is great for fibromyalgia, arthritis, and other muscles problems. You will learn body control and enjoy learning the belly dance movements and dances.

Jam Session: 12:30P.M. (Cafeteria)- Jam Session is a time to come listen to great live music, dance and socialize with new people.

Volleyball: 1:00P.M. (Gym)- A great full-body workout, with regular play will help improve your agility, overall flexibility, reaction time, speed and upper and lower body strength.

Shuffleboard: 1:00P.M. (Ceramics Hallway)- All levels of experience are welcome, with tournaments held semi-annual.

Cornhole: 4:00P.M. (Gym)- Corn hole is an American lawn game in which players take turns throwing bags of corn at a raised platform with a hole in the far end. A bag in the hole scores 3 points, while one on the platform scores 1 point. No sign up required, just come in and ask for the boards.

Friday:

Lap Swimming: 8:00A.M. (Aquatics Center) (First come first serve) Swimming freestyle will not only work your shoulders and legs extremely well but your chest, back, core, and everything in between will show signs of real development in just a few days.

Silver Sneakers Classic: 8:15A.M. (Gym)- It's designed to increase strength, range of movement, agility, balance and coordination, and to improve participants' functional capacities, physical fitness level and sense of well-being.

Tai Chi- 9:00A.M. (Room 310) (September 2 through November 25) This class is designed for individuals who have taken a Tai-Chi class before. *This class will be cancelled until further notice. We are looking for an instructor. Thanks.

Genealogy Club: 9:00A.M. (Computer Lab)- Have you been interested about where your ancestors originated? Then this is the class for you. Join us for class and our instructors will help you discover the history of your ancestors.

High Impact Aerobics: 9:15A.M. (Gym)- Aerobic exercise keeps your muscles strong, your mind sharp, which can help you maintain mobility you get older. At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

Strength Training: 10:15A.M. (Gym)- Improves your balance and stability, reduces blood pressure, builds muscle strength, and improves your ability to do everyday activities.

Pickleball: 1:00P.M. (Gym)- A fun sport that combines many elements of tennis, badminton and table tennis. A paddle sport created for all ages and skill levels, and is easy for beginners to learn.

Bridge Group: 1:00P.M. (Atrium)- This is a weekly group meeting of Bridge players. This is an intermediate level Bridge group. If interested please contact the front office.

Basketball: 4:00P.M. (Gym)- Played alone or in groups, basketball can reduce stress.

Saturday:

Basketball: 9:00A.M. (Gym)- Played alone or in groups, basketball can reduce stress.

Table Tennis: 10:30A.M. (Gym)- Best brain sport ever, highly aerobic, uses both the upper and lower body, is great for eye hand coordination and reflexes, and causes you to use many different

Our next **S.M.I.L.E.** meeting will be on Thursday, October 13, 2016 at 2:00P.M. in room 239. S.M.I.L.E stands for Seniors Making Individual Lives Exciting. This is our volunteer program at the Kingsport Senior Center. If you are interested in volunteering please attend our next S.M.I.L.E meeting or call 392-8404. Volunteer duties include but are not limited to: meals on wheels, luncheons, welcome desk, parties, office duties, special events, and projects.

Menu for October

First Tennessee Human Resource Agency's Nutrition Program offers a nutritious meal each week day (major holidays excluded) at the Kingsport Senior Center dining room at no charge for adults 60 years of age and older. (\$2.00 donation is recommended but not required.) The meals are designed to fulfill 1/3 of the recommended daily allowances for senior adults. If you are interested in participating at the Kingsport meal site, please call Sutonia at 423.246.8060 for a reservation. Meals are prepared each day and the meal sites need to know 2 days in advance how many to prepare. Lunch is served at 11:30A.M.

	Monday	Tuesday	Wednesday	Thursday	Friday
3	Chicken Tenders Macaroni & Cheese Broccoli Tropical Fruit WW Roll	4 Spaghetti & Meat Sauce Brussel Sprouts Baked Apples Texas Toast	5 Chili Dog w/ Mustard & Onions Potato Wedges Baked Beans Coleslaw Oatmeal Cookie WW Bun	6 Oven Fried Chicken Breast Mashed Potatoes Green Beans Mandarin Oranges WW Roll	7 Chili with Bean & Cheese O'Brien Potatoes Peaches Cornbread
10	Meatball Sub w/ Cheese Oven Browned Potatoes Carrots Fudge Cookies WW Bun	[[Soup Beans w/ Chopped Onions Mashed Potatoes Cabbage Fruit Fluff Cornbread	12 Meatloaf Scalloped Potatoes Peas & Carrots Pineapple WW Roll	Mexican Chicken Breast Spanish Rice Corn Banana Pudding WW Roll	14 Turkey Sandwich Tomato Bisque Cole Slaw WW Bread Brownie
17	Salisbury Steak Mashed Potatoes Green Beans Fruit Cocktail WW Roll	Chicken Pot Pie Sweet Potatoes Broccoli Oatmeal Cookie Biscuit	19 Breaded Fish Sand./Tarter Sauce Potato Wedges Coleslaw WW Bun	20 Breaded Pork Chop Au Gratin Potatoes Green Peas Cinnamon Applesauce Biscuit	21 Potato Soup w/ Diced Ham & Cheese Brussel Sprouts Hot Fruit Compote Cornbread
24	Honey Mustard Chicken Scalloped Potatoes Peas & Carrots Chocolate Pudding WW Roll	25 Pizza Casserole Cauliflower Apple Crisp WW Roll	26 Turkey Kielbasa Mashed Potatoes Cabbage Pears Cornbread	27 Soup Beans w/ Chopped Onions Oven Browned Potatoes Mixed Greens Coleslaw Cornbread	28 Chicken Patty Sandwich Sweet Potatoes Mixed Vegetables Ambrosia WW Bun
31	Ham & Macaroni Cas- serole Green Beans Orange Fudge Cookie WW Roll				